



Burst Cherry Tomato Pasta

INGREDIENTS

- 350g pasta
- Sea salt
- 1/4 cup olive oil
- 750g cherry tomatoes
- 3-4 garlic cloves, chopped
- 1 small bunch fresh parsley, chopped
- Freshly ground black pepper
- Freshly grated parmesan (to serve)

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METHOD

1. Heat oil in a large skillet over medium-high heat. Add the tomatoes with a generous pinch of salt and pepper. Cook, stirring occasionally, until tomatoes burst and release their juices to form a sauce, about 6–8 minutes. After a few minutes add in the garlic and stir again.
2. Meanwhile, cook the pasta in a large pot of boiling, well-salted water.
3. Just before the pasta reaches al dente, drain and add to the tomato sauce.
4. Add in the parsley and toss well, until pasta has finished cooking and absorbed some of the sauce.
5. To serve garnish with freshly grated parmesan and some extra parsley.

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Chickpea, Herb, & Bulgur Salad

INGREDIENTS

- 300g coarse burghul, rinsed
- 400g can chickpeas, drained & rinsed
- 1 red chilli, halved, deseeded and finely chopped
- 6 shallots, finely sliced (use the entire shallot, not just the white part)
- two large handfuls any combination mint, parsley, dill, basil, coarsely chopped

Dressing

- 1 red capsicum, roasted (or use a premade version)
- 125 ml ($\frac{1}{2}$ cup) olive oil
- 60 ml ($\frac{1}{4}$ cup) lemon juice
- 1 tbsp pomegranate molasses
- 1 garlic clove, crushed
- 1 tsp cumin
- $\frac{1}{2}$ tsp salt
- $\frac{1}{2}$ tsp pepper

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METHOD

1. Preheat oven to 220C/200C fan-forced. Line a baking tray with baking paper. Place capsicum on prepared tray. Drizzle with 2 teaspoons oil. Roast for 15 to 20 minutes, turning halfway, until charred and tender.
2. Meanwhile, cook burghul in a large saucepan of boiling salted water until tender (6-8 minutes). Drain, rinse and set aside to cool.
3. Once the capsicum is well charred, remove from the oven, place in a bowl and cover with plastic wrap. Set aside to cool for 20 minutes. Then remove and discard skin and seeds from capsicum.
4. Place in a blender or small food processor. Add remaining ingredients and blend until smooth. Season to taste.
5. Transfer burghul to a serving dish. Toss with the chickpeas, shallots, chilli and herbs. Drizzle with dressing and serve.

